

How to prevent dry eyes?

- Try not to use hair dryer
- Use of wrap around glasses preventing wind from drying off the eyes
- Use of omega 3 fatty acid rich foods like flaxseeds or cod liver oil.
- Use of ointment at night if dryness is more in mornings while waking up.
- Decreasing use of electric gadgets
- Avoid setting the AC temperature too low
- Directing the AC vents away from the eyes
- Warm compresses to the lids with gentle massages facilitating the oily secretion of lids.
- Having a diet which is rich in Vitamins A, B, C and D.
- Treating systemic conditions associated with dry eyes

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Do your eyes feel like this?

DRY EYE DISEASE

Patient information brochure

What is dry eye?

Our eyes need tears to stay healthy and comfortable. If tears are not produced in adequate quantity, it is called dry eye.

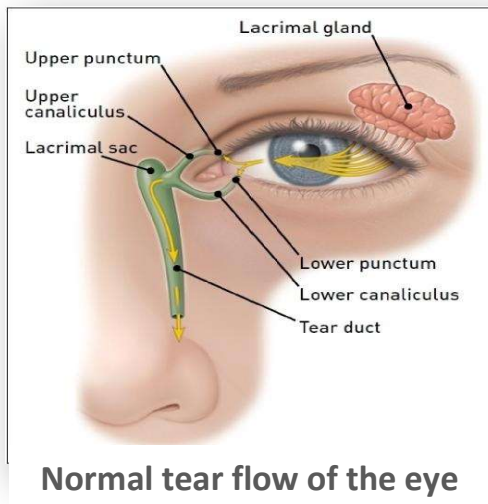
How do tears work?

When you blink, a film of tears spreads over the eye. This keeps the eye surface moist and smooth. The tear film regularity is important for good vision. The tears help to wash away foreign particles from the eye. Tears also contain antimicrobial enzymes there by protecting the eye from infections.

Composition of tears

The tear film is composed of mucous layer, water layer and oily layer.

Normally, our eyes constantly make tears to stay moist. If the eyes do not make enough tears or there is an imbalance in the composition of the tears, there is presence of dry eye.



What are symptoms of dry eye?

Some of the complaints of dry eye are as follows

- Stinging and burning sensation
- Scratchy or gritty feeling
- Strings of mucous in or around the eyes
- Red and irritable eyes esp. in wind or smoke
- Excess light sensitivity
- Discomfort in contact lens wear
- Excess watery eyes

What causes dry eyes?

The causes of dry eyes are

- Age esp. menopause in females
- Lifestyle choices like use of AC, gadgets, computers, smoking
- Disease like rheumatoid arthritis, thyroid disease etc.
- Blepharitis (poor lid hygiene)
- Dry or windy environment
- Contact lens use
- Due to certain medications

How is dry eyes treated?

Treating cause of dryness. Treating blepharitis, lifestyle modification, treating deficiency of vitamins, tackling ocular allergy and stopping contact lens use.

Adding tear substitutes. This is the first line of treatment of dry eyes. Artificial tear substitutes, which mimic natural tears, are prescribed. These drops are safe to use as many times as a patient needs. There are many brands of these drops and every patient may need to try a few brands till they find the drop which suit them.

Increasing tear production. These group of medications help in increasing the production of tears. Most of these medications need about 3 months to start having their effect.

Conserving tears. We can block the outflow pathway of the tears to maintain the tears on the eye surface. We first give a trial of temporary blocking of the pathway. If patient is comfortable during the block, then permanent blocking is opted for. This permanent blocking is achieved by silicon plugs.

